



Acrobatics 2024

Class Times

Beginners

12.30 - 1.30pm

Intermediate/Advanced

1.30 - 3.00pm

Dates

TBA

Program Under Review

(Classes returning Term 2)

Cost

Term Coaching Fees

5 week block - \$150

(Inclusive of GNSW affiliation)

[Compulsory assessment for placement into this program.](#)

Bookings for assessment to
9846 1270

Contact

Gymnastics Administration

(02) 9846 1270

www.chfac.com.au

gymnastics@chrg.com.au

Acrobatics

Due to popular demand we have now designed a program for children interested in flipping and tumbling and experienced dancers. Acrobatics will offer the opportunity to develop the acrobatic skills which all children are keen to work on.



This program is designed and run by our accredited Gymnastics Coaches and offers the opportunity to train in a safe and professional environment.

We will develop your existing basic skills into more advanced acrobatics, concentrating on skills such as forward and backward walkovers, side and front aerials as well as building core strength and flexibility.

For those older children with more extended skill level; we will be developing front and back handsprings along with front and back salts.

PLEASE NOTE: Skills developed in this program are complex and take time to build, results will be progressive. We reserve the right to assess your child and may direct those lacking skills to our beginners after school program.

ASSESSMENTS/TRYOUTS for placement will be held at 12pm on the first Sunday of term. More information available from reception.

We welcome your interest and enquiries.

Castle Hill Gymnastics
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